

# JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
Try growing your own vegetables and herbs. You can start small with a few pots on your balcony or patio or even indoors.		Sweet & Sour Chicken, Steamed Brown Rice, Chinese Veggies, Strawberry Applesauce CO114	Hot Beef Sandwich, Mashed Potatoes & Gravy, Green Beans & Carrots, Peaches B4	Chef Salad, Crackers, Peaches, Cranberry Orange Bar CM21
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Egg Salad Sandwich, Cream of Potato Soup, Sliced Cucumbers, Orange CM53A - S25	Beef & Noodles, Tossed Salad, Parslied Carrots, Plums B6	Chicken Parmesan, Scalloped Potatoes, Broccoli, Tomato Spoon Salad, Peaches CM71C - CH31	Liver and Onions, Baked Potato, Green Bean Amandine, Crunchy Cranberry Salad CM13	Roast Beef, Baked Sweet Potato, Green Beans, Tomato Spoon Salad, Pears 22-1A - RB9
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Baked Chicken Fried Steak, Mashed Potatoes & Milk Gravy, Peas, Apricots, D3	French Dip Sandwich, Potato Salad, Sliced Tomatoes, Cantaloupe, Cranberry Orange Bar 13-2 - S27	Kielbasa w/Red Potato, Sweet Potato, Onion & Green Pepper, Coleslaw, Broccoli, Fruit Cook's Choice	Steak and Tater Stew, Crackers, Orange Juice, Apple Crisp w/topping CM8	Baked Fish, Company Potatoes, Stewed Tomatoes, Tropical Fruit B20
<b>20</b>	<b>21</b>	<b>BIRTHDAY DINNER22</b>	<b>23</b>	<b>24</b>
Meatloaf, Baked Potato, Parslied Carrots, Strawberries w/topping 1-3 - ME1	Pork Chop w/Apple Cranberry Chutney, Baked Sweet Potato, Green Beans, Tossed Salad, Banana 10-1A - P23	Baked Steak w/mushrooms & gravy, Baked Potato, Green Beans, Spinach Salad, Fruit Crisp CM61D - CR61	BBQ Chicken Breast, Parslied Potatoes, Broccoli, Sunshine Salad, Cooked Apples CM72C - CH12	Taco Salad, Mixed Veggies, Pudding w/fruit BB25
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Tomato Soup, Grilled Cheese Sandwich, Carrifruit Salad, Strawberries w/whipped topping CM82B - S11	Chicken Alfredo, Harvard Beets, Cranberry Sauce, Fruit Cocktail, Apple Juice BB18	Oven Baked Beef Stew, Lime Pacific Salad, Fruit Crisp, Crackers CM54	Sub Sandwich w/Turkey, Beef, Cheese, Lettuce, Tomato, 3 Bean Salad, Orange A6	<b>NORTH SIOUX CITY DAKOTA SENIOR MEALS CALL 232-0808 TO RESERVE A MEAL</b>
NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.				